

### Fish Consumption Advisories

Mercury is a toxic metal that can cause learning and memory problems in children. Mercury can be naturally found in the environment or may occur due to pollution from electric power plants, mining and other industrial sources. Most Florida fish have low to medium levels of mercury. Another industrial toxin found in fish are polychlorinated biphenols (PCBs), which have been known to cause cancer and can negatively affect the immune system, reproductive system, nervous system, and endocrine system of animals, including humans. To lower the risk of harm from mercury (or other contaminants) found in fish caught in Florida, the Florida Department of Health (FDOH) developed a set of guidelines based on tests of various freshwater waterbodies to allow people to determine the amount of fish to eat or avoid. The guidelines for Leon County waterbodies are shown in the following table. For more information regarding fish advisories please visit the [FDOH's Fish Consumption Advisories webpage](#).

<b>Water Body</b>	<b>Species</b>	<b>Women of childbearing age, young children (# of meals)</b>	<b>All Other Individuals (# of meals)</b>
Lake Iamonia	Bluegill, Redear sunfish, Black crappie	One per week	Two per week
	Brown bullhead catfish	Two per week	Two per week
	Largemouth bass	One per month	One per week
Lake Jackson	Largemouth bass	One per month	One per week
	Bluegill, Redear sunfish	Two per week	Two per week
Lake Miccosukee	Bluegill	Two per week	Two per week
	Largemouth bass	One per month	One per week
Lake Munson (PCBs)	Largemouth bass 19 inches or more	One per month	One per month
Lake Munson	Brown bullhead catfish, Bluegill, Redear sunfish	Two per week	Two per week
	Largemouth Bass	One per week	Two per week
	Black crappie	One per month	One per week
Lake Talquin	Bluegill, Black crappie, Brown bullhead catfish, Redbreast sunfish, Redear sunfish, Spotted bullhead catfish	Two per week	Two per week
	Largemouth bass	One per month	One per month
Lake Tom John	Largemouth bass	One per month	One per week

Moore Lake	Largemouth bass	One per month	One per month
Ochlockonee River and tributaries	Bluegill, Redbreast sunfish	One per month	One per week
	Channel catfish, Spotted sunfish, Warmouth	One per month	One per week
	Flathead catfish, Redear sunfish	One per month	One per month
	Largemouth bass	<b>DO NOT EAT</b>	One per month
Ochlockonee River north of US 90 bridge	Bluegill, Redbreast sunfish, Redear sunfish, Spotted sunfish, Warmouth	One per month	One per week
	Black crappie	One per month	One per month
	Flathead catfish, Largemouth bass	<b>DO NOT EAT</b>	One per month
Piney Z Lake	Redear sunfish, Warmouth	Two per week	Two per week
	Bluegill, Brown Bullhead catfish	One per week	Two per week
St. Marks River	Bluegill	Two per week	Two per week
	Redbreast sunfish, Redear sunfish	One per week	Two per week
	Spotted Sunfish		
	Black crappie, Warmouth	One per month	Two per week
	Largemouth bass	One per month	One per week